

Role models

"It's the start of the Women's Final 200 metres," says the man on the TV "... and Cathy Freeman is in lane 7".

All the family are here, Uncle and Auntie and even Nanna. They've come to watch Cathy Freeman racing today. The race is finished ... Cathy wins, and is given her medal.

"Hey, deadly, she's won and look Mum, she's carrying the Aboriginal flag too ... deadly eh!"

In our world we learn by watching and copying others. This helps us sort out how we behave. Having a role model has always been an important part of our family life.

A role model can be anyone. They can be you, me, mothers or fathers, our grandparents, aunties, uncles, cousins or sometimes they can even be people we really don't know personally.

Role models can be a powerful influence in our lives. They teach us many things. They can help us learn who we are, where we come from and where we're going. We can copy their behaviours and some of the things they say and do. We must be aware too that they can also be a bad influence.

Good role models teach us good behaviours and values of living ... right from wrong, how to treat people and the things around us.

Good role models (Aboriginal and non-Aboriginal) can give us strength and help us feel proud to be Aboriginal. Even though things change or go wrong in our family, they help keep our spirits up.

We must be able to rely on each other and support and care for each other. We should let our kids see the good role modelling of ourselves and others. To be able to feel we can rely on others, helps us to be stronger.

This tip sheet, along with the full set of Parenting WA guides, is available in electronic format at www.communities.wa.gov.au



These things might be good to think about

- Show and guide kids by modelling good behaviour yourself.
- Learn to look at life in a good way.
- Remember the good things from the past.
- Look forward to and do things to make a better future.
- Let your kids dream and talk of the things they want to do and of the people they want to be when they grow up.
- Show your kids that you believe in them.
- Support your kids and family in the good things they do.
- Try to match what you say with what you do.

Proudly allow the influence of some of our great people guide our kids.

Contacts

Parenting WA Line

A free 24/7 telephone information and support service for parents and children pre-birth to 18 years.

t: 1800 654 432 (free call)

w: www.communities.wa.gov.au

Department for Communities Aboriginal Early Years – Best Start Program

Best Start is a state-wide program for Aboriginal parents and carers with young children from babies to five years old. Best Start Services are located in the following areas:

- | | |
|--------------|-----------------|
| • Armadale | t: 08 9399 6489 |
| • Carnarvon | t: 08 9941 2105 |
| • Goldfields | t: 08 9093 3795 |
| • Hedland | t: 08 9172 3599 |
| • Mandurah | t: 08 9583 9802 |
| • Marble Bar | t: 0427 013 144 |
| • Midland | t: 08 9274 9411 |
| • Moora | t: 08 9651 1294 |
| • Mullewa | t: 0408 844 196 |
| • Narrogin | t: 08 9881 6693 |
| • Roebourne | t: 0438 926 558 |
| • South Lake | t: 0427 013 141 |

w: www.communities.wa.gov.au

David Wirrpanda Foundation

The David Wirrpanda Foundation aims to improve life outcomes for Indigenous children and at risk youth by promoting strong role models and healthy life choices. Programs include: Wirra Club, Troy Cook Health and Fitness, Dare to Dream Girls Group, Plan 2day 4 2morrow, and Deadly Culture.

Bookings required.

t: 9242 6700

e: admin@dwf.org.au

w: www.dwf.org.au

This Guide uses 'he' and 'she' in turn.
Change to suit your child's sex.

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